Practice Plan Assignment

Section 1(25 points)
Please create a practice plan for a sport of your choice. **Your practice plan must be formatted like the examples presented on 12.6/12.7 in chapter 12 in your textbook to receive full credit.** Please cite any ideas that aren't your own.

Your practice plan should include the following information:
Date, Practice Start Time and Length of Practice- Day of practice 4/1/25, Start time 3:30, and time length 2 and a half hours.
Practice Objectives (what is the purpose of the practice- **For my players to get better as players, and man, using football as a tool to follow in God's will.** What do you hope to achieve as a result of the practice?)**- Make my players great men with excellent discipline, patience, and great necessary life skills need in the journey of life.**

Equipment- Football helmets, mouth pieces, shoulder pads, girdles, practice football pants, practice pants belts, knee pads, cleats, game uniforms.

Practice Activities (time/name of activity/description/key teaching points/what you are going to do during the practice and key teaching points related to those activities**)- 3:30 time when practice starts, dynamic w/up, hands off/zone drills, mesh variations/indy, run review/block review, opr coverage, team walk through, special teams, deff/off recognition, field goal. Teaching overall fundamentals of each subjective review listed above. Give hands on teaching points in each dynamic review, so that my players know what there doing.**

Evaluation (because you aren't going to actually conduct the practice, highlight some points related to what you think is likely to go well, or issues you anticipate the athletes might have during the practice/what you plan for the next practice)**- feel like the overall practice is going to go well. If only like I will only have to work with my players in perfecting small fundamental increments/discipline in each review because winning football games is all about the little details. As far as the next practice is going to be the same schedule, working on reception perfecting consistent.**

Section 2 (25 points)

YOU MUST HAVE OBSERVATION VERIFICATION FORM SIGNED BY COACH!!!

SECTION 2 WILL NOT BE ACCEPTED WITHOUT THE SIGNED VERIFICATION FORM!

Please watch a practice session for a sport of your choice. This cannot be a practice that you participate in. Please make sure that you get permission from the coach before observing their practice (explain to them that it is for an assignment required for a Theory and Psychology of Coaching course). After observing the practice, please write a two-page reflection incorporating answers to the following questions:

What was the age of the athletes and their level of competition (e.g., recreational, high school, club, college, professional, etc.)**- 19-23, College level competition.**
What were the objective/s of the practice- Practice date 3/19/25, They were completing dynamic drills, working on concepts for their current game Friday.
How long was the practice**- 2 and a half hour**
How did the athletes appear to respond to the practice**- They responded very, they were very engaged and focused**
What did you like/dislike about the practice- **I didn't like anything about their practice really. I did like how engaged and enthusiastic the head coach was with his players, and how much the players were enthusiastic and encouraging with one another.**
What could the coach have done to make the practice more effective- **Not much, he did everything he could to have been players bought in for their game Friday.**
How did the practice compare to the practice plans presented on 12.6/12.7 in chapter 12**- Answer this with the information I will give you.**
What did you learn after observing the practice- **Their practice was very productive, and I learn that they have a very great coach that they're under so their progress gone keep going in a positive direction.**
What team did you observe- **Erskine's baseball team**
Where was this practice held- **On their baseball field**
Who was the coach- **Mack Crocco**